Lost in the Flow: The Journey from Dreams to Emptiness

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In a recent heart-to-heart with Pradee, I found myself exposing a raw truth that has been weighing on me. I told him that he and my parents often seem the same in how they treat me—they provide what they can, expecting me to be happy, but without truly seeing if it's what I need or want. It felt like they were asking me to be content with what's given, without ever asking what my heart truly desires. Pradee, in his gentle way, pointed out that if I can't say what I want, at least I should say what I don't want. Then came the question that caught me off guard: "What do you want?"

For the first time, I had nothing to say. My mind went completely blank. I wasn't sure if it was fear, confusion, or just emptiness, but I couldn't express a single desire. We drifted into a funny, romantic conversation afterward, trying to lighten the mood, but later, as I sat

alone with my thoughts, a wave of sadness hit me. I began to wonder—what happened to the person I used to be? I once had countless prayers, dreams, ideas, and wishes for my future. I used to believe in so much, and my heart overflowed with hopes.

Now, all of it seems to have vanished, leaving me in this void. How did I reach a place where I no longer wish for anything? Have I grown up so much that I've stopped dreaming, or have I simply come to accept that life rarely gives us what we long for? Or maybe I've chosen to protect myself, living with this "no expectations, no hurt" mindset. The realization of this emptiness frightens me. It's as if I've lost a piece of myself along the way, and I'm left wondering if I can ever find that part of me again.